

SOCIETY FOR THE ENHANCEMENT OF QUALITY OF LIFE
Annual Report For The Year 2010

offering educational programs to increase the awareness of
the fact of soul and thus the oneness of Life
thereby enlivening an energy of peace in service of a New World Community

Twenty-five hundred years ago, Socrates said, "I am neither an Athenian nor a Greek. I am a citizen of the world." Twenty-five years ago, a Saudi astronaut, Sultan bin Salman Al-Saud, said of his time as a crew member on the Space Shuttle Discovery, "The first day or so we all pointed to our countries. The third or fourth day we were pointing to our continents. By the fifth day we were aware of only one Earth." That was a typical astronaut realization and it is a realization increasingly present in the mental field of earthbound humanity. Our world view and our One Humanity view have been expanding from the time of our first migrations out of the Rift Valley. With developments in transportation and electronic communications, we have become increasingly aware of our world citizenship. And with the expansion of our consciousness, we are becoming more inclusive in our caring for those in need, whether in our own communities or in distant lands. We are beginning to love our neighbours as *being* ourselves. We are starting to live the fact of our One Humanity.

Our consciousness expands as we become less self-concerned, less absorbed by our desires. It expands as we turn our thoughts away from materialism and begin to face a new reality, *our* reality, the life we *are*, the life behind the form rather than the form we thought we were. That consciousness seeps into our thinking and into our actions gradually and often without explicit awareness, but as it does so it starts to shape how we live. Our work in SEQL is to see our world citizenship as Socrates did, to see our One World as the astronauts do, and to become explicitly aware of the power for service to humanity that is inherent in our expanding consciousness. By our meditations and studying together in our SEQL programs, we have developed a cohesive group energy that amplifies that power and strengthens our ability to express in service, in our everyday lives, our reality - the all-encompassing healing love of the one life behind the form. Hence our SEQL theme: Live Soul, Act Group, Reveal One.

The group has become stronger each year. In September we enrolled 45 people in our 10-month weekend courses and 30 in our email courses, of whom 16 were also weekend course members. The curriculum is outlined in the Appendix to this report and described more fully at www.seql.net. As has always been our practice, all of our educational programs are tuition-free with nominal charges to cover costs of meeting room rentals and course materials

All our course leaders and the many who help with classes, meeting arrangements and administration are unpaid volunteers who contribute about 2500 hours of their time during the year. Our thanks go to them and to all our course members, and as well to the many *Friends of SEQL*, as we together steadily build a brighter radiation of the energy of peace, the love of the One Life.

Blair Little
President
March 2011

Society for the Enhancement of Quality of Life (SEQL)
Appendix to the 2010 Annual Report

Educational Programs

1. Year One ~ Expanding The Intuition: Living Peace
2. Year Two ~ Refining The Intuition: Living Your Deep Identity
3. Year Three ~ Esoteric Communication: Finding Your Place in The Universe
4. Years Four Plus ~ Three Courses of Advanced Studies: The Path to Soul Service
5. The Global Group: Discovering Soul's Journey – E-mail Correspondence
 Course One ~ Introduction Courses Two Plus ~ Continuing study
6. Sounds Like Soul: Knowing Ourselves as Energy – E-mail Correspondence
 Course One ~ Introduction Courses Two Plus ~ Continuing study
7. Spring and Fall Retreats of four or five days ~ for course members
8. Monthly Meditation Evenings ~ open to the public - the first Monday of each month, except July.

All courses are open to anyone willing to undertake the course requirements. The first four courses meet on ten weekends from mid-September to the beginning of June, each course representing about 120 class hours. In addition, there is substantial individual study and preparation between classes. Each course is a pre-requisite to the succeeding year's course. The Advanced Studies courses, which may vary from year to year in content, are open to those who have completed the first three years.

Members of the five e-mail courses connect with their own course group members on regular one-week or three-week cycles of assignment, preparation and reporting. Some e-mail course members are also members of weekend course groups.

Three times during the year, members of all of the courses, including e-mail course members who live within travelling distance of Victoria, come together for a large Group weekend class.

Detailed descriptions of the courses are provided at www.seql.net.

Guiding Principles of the Society's Learning Programs

1. The purpose of our learning is to serve humanity more effectively.
2. Study, meditation and service are our fundamental practices.
3. Serving is using the power of soul for the benefit of others.
4. Our service is much greater when we are aware of group strength.
5. One path toward group awareness is our Group Service Meditation.
6. Individuals are responsible for their own knowing.
7. Every person is a learner and a teacher at all times.
8. We are disciples of intelligence.
9. We seek strength in diversity, harmony in action.
10. We learn to Live Soul, Act Group, Reveal One.

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